

ABC Quick Check

1) A is for air

- Inflate tires to rated pressure as listed on the sidewall of the tire
- Use a pressure gauge to insure proper pressure
- Check for damage to tire tread and sidewall; replace if damaged

2) B is for brakes

- Inspect pads for wear; replace if there is less than $\frac{1}{4}$ " of pad left
- Check pad adjustment; make sure they do not rub tire or dive into spokes
- Check brake lever travel; at least 1" between bar and lever when applied

3) C is for cranks, chain and cassette

- Make sure that your crank bolts are tight; lube the threads only, nothing else
- Check your chain for wear; 12 links should measure no more than 12 $\frac{1}{8}$ inches
- If your chain skips on your cassette, you might need a new one or just an adjustment

4) Quick is for quick releases

- Hubs need to be tight in the frame; your quick release should engage at 90°
- Your hub quick release should point back to insure that nothing catches on it
- Inspect brake quick releases to insure that they have been re-engaged

5) Check is for check it over

- Take a quick ride to check if derailleurs and brakes are working properly
- Inspect the bike for loose or broken parts; tighten, replace or fix them
- Pay extra attention to your bike during the first few miles of the ride